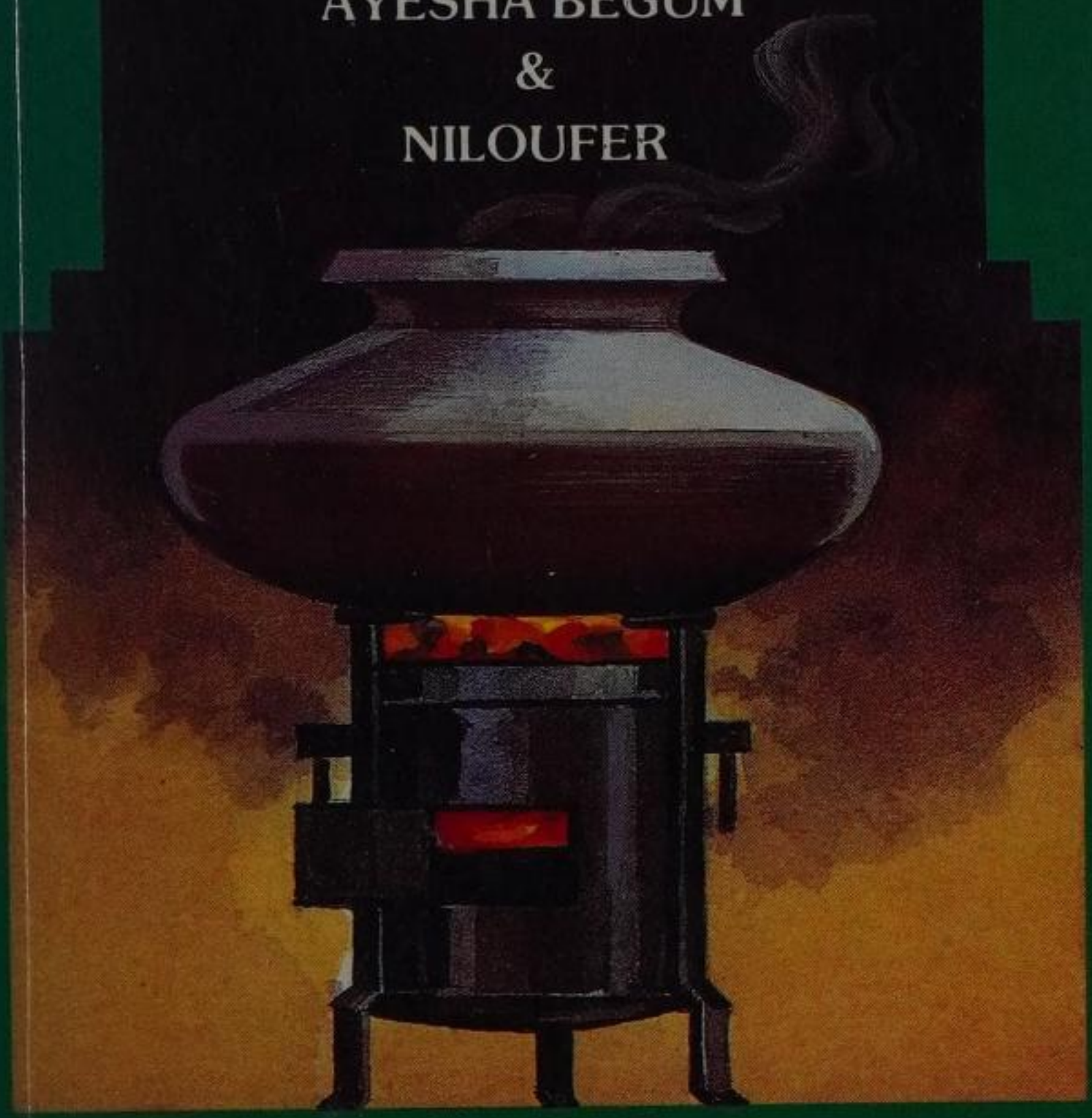
DAWAT -E- HYDERABADI

AYESHA BEGUM
&
NILOUFER



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DAWAT
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HYDERABADI

AYESHA BEGUM
&
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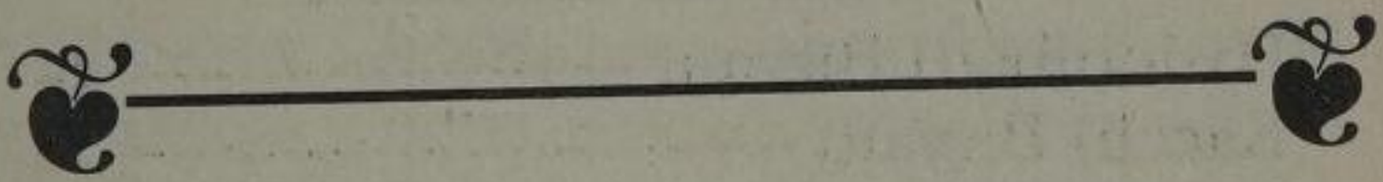

For my

children and grandchildren

Contents

Introduction ---------- 8
Helpful Hints ---------- 10

Biryanis & Pulaos

Hyderabadi Biryani ---------- 14
Kacchi Biryani ---------- 16
Biryani Nawabi ---------- 18
Mutton Biryani-I ---------- 20
Mutton Biryani-II ---------- 22
Chicken Biryani-I ---------- 23
Chicken Biryani-II ---------- 25
Chicken Biryani-III ---------- 26
Chicken Biryani-IV ---------- 28
Yakhi Pullao ---------- 30
Tahari ---------- 31
Kofta Pullao ---------- 32

Chicken

Murg Mussalam-I ---------- 36
Murg Mussalam-II ---------- 38
Hare Masale ki Murgi ---------- 39
Hyderabadi Korma ---------- 41
Shahi Korma ---------- 42
Murg Nawabi ---------- 43

Murg Masala ---------- 44
Murg Badami ---------- 45

KABABS

Shami Kabab ---------- 48
Shikampuri Kabab ---------- 49
Boti Kabab ---------- 50
Sheekh Kabab ---------- 51
Mutton Chops ---------- 52
Masala Chops ---------- 53
Shahi Raan ---------- 54
Reshmi Kheema ---------- 55
Ande Kheema ke Kabab ---------- 56
Pasinde ---------- 57
Malai Kabab ---------- 58
Kacche Kabab-I ---------- 59
Kacche Kabab-II ---------- 60
Husseini Kabab ---------- 61
Dum ke Kabab ---------- 62
Tathi Kabab ---------- 63

MUTTON

Ambada Gosht ---------- 66
Badami Gosht ---------- 67
Sukka Mutton ---------- 68
Mutton Shorva ---------- 69
Haleem ---------- 70
Khichda ---------- 71

Dalcha ---------- 72
Shahi Korma ---------- 73
Dal Gosht ---------- 74
Dum ka Gosht ---------- 75
Tamatar ki Kadi ---------- 76
Paya Nahari ---------- 78
Bade Mirch ka Salan ---------- 79
Chujor Gosht ---------- 80
Kaliya Asif-sa ---------- 81
Bheja ---------- 82

Seafood

Jinge ka Korma ---------- 84
Jingha Pullao ---------- 85
Macchi ka Salan ---------- 86
Tali Macchi ---------- 87
Jinghe ki Kadi ---------- 88
Khatti Machali ---------- 89

Vegetables & Lentils

Malai Korma ---------- 92
Baghare Baigan ---------- 93
Mirchi ka Salan ---------- 94
Dahi ki Kadi ---------- 95
Khatti Dal ---------- 97
Kabooli ---------- 98
Sabzi Pullao ---------- 99
Khushka ---------- 100

Sweets & Desserts

Shahi Tukre ---------- *102*
Malida ---------- *103*
Moz ka Mitha ---------- *104*
Sheer Khurma ---------- *105*
Firni ---------- *106*
Gajar Halwa ---------- *107*
Badam ke Paan ---------- *108*
Roat ---------- *109*
Zarda ---------- *110*
Ande ka Halwa ---------- *111*
Gul-e-Firdaus ---------- *112*
Seviyan ka Zarda ---------- *113*
Amrit Phal ---------- *114*
Khubani ka Mitha ---------- *115*
Glossary ---------- *116*

INTRODUCTION

HYDERABAD is justly famous for its four assets—the Charminar; the Salarjung Museum; the Golkonda Fort and Hyderabadi cuisine. The first three continue to delight sightseers but the last has more or less become a gourmet's memory. Hyderabadi cuisine—slightly sour, hot and richly endowed with nuts and assorted spices and cooked in *asli ghee*—has to be enjoyed to be believed. Sometimes simple aids like slow cooking and *dum* help produce rich flavours.

The wealthy and leisured aristocracy of the erstwhile Nizam State as well as the long peaceful years of their dominance, contributed largely to the development of and devotion to, the culinary art.

The authors were fortunate to know Hyderabad in the days before it became Andhra Pradesh and had the privilege of enjoying *dawats* all year round at the houses of the rich and famous.

They also had family cooks who initiated them into the subtleties of a Hyderabadi meal. The result is delicious hand-me-down recipes. We have had to make some changes to accord with modern times. But we trust our food-loving friends will find in this book a whiff of the *nawabi* culinary joys.

You will note that we have not mentioned cooking and preparation time. After all Hyderabadi cooking has to be done *itminan se*. The portions are enough for four to six people but that also depends on how many dishes you are serving.

Aala pakwaan ka aalaa zayekha aapko naseeb ho. Khuda Hafiz.

Ayesha Begum & Niloufer

Helpful Hints

Approximate measures:
1 medium chicken (approx. 1 kg 300 gms) serves 5-6 people
1 kg fish serves 6 people
1 kg mutton serves 8-10 people
1 kg vegetables serves 8-10 people

When making smaller quantities the following measures can be used:
125 gms mutton per person
2 heaped tablespoons rice per person
(1 cup rice is equal to 250 gms)
All recipes in the book are to serve 4-6 people

To seal the dekchi with dough for *dum*:
1½ cups of wheat flour is made into a dough by adding water. Roll the dough into a thick rope and cover the dekchi edges and press the lid over this so that no steam escapes while cooking. The dough acts a seal.

Garam Masala
Ingredients
10 gms dalchini
10 gms lavang
10 gms shahijeera
10 gms green elaichi
10 gms kalimiri

All the ingredients should be finely pounded, sieved, then stored in an air-tight jar. Garam masala should be made in small quantities in order to retain its flavour.

Adrak-Lasan paste
100 gms adrak, peeled and chopped
100 gms garlic flakes, peeled
Grind these together into a paste without water. Store in a jar in the fridge.

Blanching Tomatoes
Heat water, add the tomatoes and allow to boil for 2 minutes. Remove the tomatoes and skin.

Tamarind Pulp
Soak tamarind in warm water for 20 minutes, then squeeze and remove the seeds and the residue. The pulp should be fairly thick.

Birista
Deep fry thinly sliced onions in refined oil till brown and crisp. Remove and place on a paper napkin in order to remove excess oil. These can then be stored in a jar.

To extract Coconut Milk
Scrape a fresh coconut. Add 1½ – 2 cups warm water to this and set aside for 10 minutes. Then pass the mixture through a blender and strain with a muslin cloth.

Biryanis & Pulaos

Along with the tandoori style of cooking, biryanis are the greatest export sensation of nawabi cuisine. From the delicate pulaos typical of northern India, to the richer, spicier preparations of the Deccan, there are a hundred ways to say it with rice—each one as distinctive as your own signature.

Hyderabadi Biryani

Ingredients

500 gms Basmati rice
1 kg mutton, cut into small pieces
2 tsp garam masala
6 red chillies
A handful of cashewnuts
5 big onions, sliced fine and fried till crisp
2 cloves
2 pieces dalchini
3 elaichi
6 green chillies
1 small bunch kothmir, chopped
1 small bunch pudina, chopped
3 tsp adrak and lasan paste
1 cup beaten curd
Juice of 2 limes
2 pinches saffron, dissolved in ¾ cup milk
5 tbsp ghee or refined oil
4 boiled eggs for garnishing
Salt to taste

Method

Grind the following to a fine paste: red chillies and cashewnuts. To the mutton apply the adrak-lasan paste and beaten curd. Set aside.

Heat 4 tablespoons ghee and fry the red chilli, masala. Add the marinated mutton, ¼ of the fried onion, one teaspoon garam masala and salt to taste.

Keep frying till ghee separates. Add 1½ cups warm water. Pressure cook till tender. Heat dekchi, add 1 tablespoon ghee and fry the sabut masala.

Add the rice and fry a little. Add the green chillies and salt to taste. Add enough warm water. Cook till rice is done, remove and spread on a thali, discarding the whole masala.

Mix together the chopped kothmir, pudina, garam masala and fried onion. Set aside.

To Assemble: Take a heavy bottomed dekchi and line it with ghee.

Spread a layer of rice and cover it with half of the mutton. Sprinkle half of the pudina/ kothmir mixture and juice of 1 lime.

Cover with rice, followed by a mutton layer. Finish with a rice layer.

Sprinkle the rice with saffron milk and dot with ghee.

Cover tightly and place over a griddle for *dum* for 20 minutes. Serve hot, garnished with eggs cut into halves.

Kacchi Biryani

Ingredients

500 gms Basmati rice washed and drained
1 kg mutton cut into 2" pieces
1 tbsp adrak-lasan paste
5 big onions, sliced fine and fried till crisp [Birista]
2 tbsp red chilli powder
1 tsp haldi
2" piece raw papaya made into paste
1½ cups beaten curd
2 pinches saffron, dissolved in warm milk

Powder the following masala:
4 pieces dalchini
2 masala elaichi
6 green elaichi
6 lavang
2 tej patta
1 tsp kalimiri
1 tsp shahijeera

Whole masala for the rice:
1 masala elaichi
2 pieces dalchini
2 green elaichi
3 lavang

5 tbsp ghee or refined oil
A handful of chopped pudina and kothmir
Salt to taste

Method

To the mutton add the beaten curd, adrak lasan paste, raw papaya paste, chilli powder, haldi, powdered masala, salt and half of the crushed fried onions. Allow the mutton to marinate for 3 hours.

Heat water (2½ times more than the rice).

As soon as it boils, add the whole masala, rice and salt to taste.

Cook the rice till ¾ done and then drain in a colander.

Remove the whole masala. Melt the ghee and set aside.

To Assemble : Take a heavy bottomed dekchi and add the marinated mutton and ½ of the melted ghee. Cover with chopped pudina and kothmir, fried onion and slit green chillies and juice of half a lemon. Spread the rice over this.

Sprinkle the remaining ghee, colouring or saffron milk and lemon juice.

Cover and seal the dekchi with atta paste. Place over high heat for 20 to 25 minutes.

Lower heat and cook for another 45 minutes. Allow to *dum*. Serve hot.

Biryani Nawabi

Ingredients

750 gms Basmati rice, washed and drained
1 kg mutton cut into medium sized pieces
5-6 medium onions, sliced fine and fried till crisp
1 tbsp adrak lasan paste
2 tsp garam masala
6 red chillies
1 cup beaten curd
2 pieces dalchini
6 green elaichi
1 tsp shahijeera
10 kalimiri
1 tsp haldi powder
2 pinches saffron, dissolved in ½ cup milk
10 jardalu
A handful each of almonds, cashewnuts, chironji, raisins, kishmish

Method

Fry the following and remove: handful of almonds, handful cashewnuts, handful of chironji, handful of kishmish, 10 jardalu cut into half, salt to taste, 5 tablespoons ghee, melted.

Grind the following to a fine paste: fried onion and red chillies.

To the mutton add the beaten curd, adrak lasan paste, onion, red chilli paste, haldi and salt to taste. Set aside for 1½ hours.

Heat 2½ tablespoons ghee. Add the marinated mutton. Pressure cook this till done.

Heat half of the remaining ghee then add the sabut masala until it splutters.

Add the drained rice and fry a little. Then add warm water—1½ inches above the rice level and salt to taste. Cook till rice is done, then spread on a thali and remove dalchini, elaichi and lavang.

To Assemble : Take a heavy bottomed dekchi and line it with ghee.

Add the prepared mutton and sprinkle garam masala over it.

Cover with the rice and dot with ghee. Make deep holes in the rice, then add the saffron milk and sprinkle fried nuts and crisp fried onion. Cover tightly and keep on the griddle for 20 to 25 minutes.

Mix and serve hot. Garnish decoratively with chopped pudina.

Mutton Biryani–I

Ingredients

500 gms Basmati rice washed, soaked for 15 minutes, and drained
750 gms mutton, cut into medium pieces
4 onions, sliced fine and fried crisp
¾ cup beaten curd
2" piece raw papaya
6 green chillies
15 flakes lasan
2" piece adrak
1 tsp haldi
1 tsp jeera
5 tbsp ghee
Salt to taste

Garam Masala

½ tsp shahijeera
4 masala elaichi
4 green elaichi
8 lavang
15 kalimiri
3 pieces dalchini
1 piece javitri

Method

Powder half the garam masala and grind the following to a fine paste—6 green chillies, adrak lasan and papaya.

To the washed mutton, add the beaten curd, powdered masala and the adrak, lasan paste and haldi along with salt to taste. Set aside for 2 hours.

Parboil the rice adding salt to taste. Cook till ¾ done, then remove and drain.

To Assemble : Take a heavy bottom dekchi and heat 4 tablespoons ghee. Add the remaining sabut masala and one teaspoon jeera. Allow to splutter before adding the marinated mutton. Sprinkle the crisp fried onion and saffron water.

Cover with rice and dot with remaining ghee before covering tightly and sealing with atta. Cook on a slow fire for 30 to 35 minutes.

Serve hot, garnished with chopped pudina.

Mutton Biryani–II

Ingredients

500 gms Basmati rice
500 mutton cut into small pieces
2 tsp adrak and lasan paste
1 tsp chilli powder
4 green chillies
1 cup beaten curd
½ tsp shahijeera
1 tsp garam masala
4 onions sliced fine and fried crisp
2 pieces dalchini
5 elaichi
4 lavang
Juice of one lemon
2 pinches saffron dissolved in ½ cup milk
4 tbsp ghee
A handful of chopped kothmir & pudina
Salt to taste

Method

To the mutton, add the beaten curd, adrak and lasan paste, shahijeera, garam masala, chopped kothmir, pudina, chilli powder, ½ of the crushed fried onion and salt to taste. Allow to marinate for 1 hour.

Heat 2 tablespoons ghee and add the marinated mutton. Cook till nearly done. Heat

water and as soon as it boils, add the drained rice, the sabut masala and salt to taste. Cook till ¾ done and drain.

To Assemble : Take a heavy bottomed dekchi and add 1 tablespoon ghee. Spread half the rice and cover with mutton.

Place the remaining rice over this and sprinkle lemon juice, saffron milk, remaining fried onions and then dot with ghee before covering with a tight-fitting lid wrapped in a damp towel. Allow to cook over a slow fire for 25 minutes. Serve hot.

CHICKEN BIRYANI–I

Ingredients

1 medium chicken, cut into small pieces
500 gms Basmati rice, washed and drained
2 tsp adrak-lasan paste
6 green chillies slit
2 tsp garam masala
1 tsp chilli powder
½ tsp haldi
A handful of cashewnuts, powdered
A handful of cashewnuts and kishmish, fried
3 onions, sliced fine and fried crisp [Birista]
1 cup beaten curd
2 pinches saffron, dissolved in ½ cup milk
4 tbsp ghee

Method

To the beaten curd add the chicken, the adrak and lasan paste, garam masala, haldi, chilli powder, slit green chillies and salt to taste.

Mix properly and set aside for one hour. Heat 2 tablespoons ghee and add the cashewnut powder. Fry a little, then add the marinated chicken and cook till chicken is tender and nearly dry.

Boil the rice in salted water and cook till nearly done, then drain.

To Assemble : Take a heavy bottomed dekchi and line it with one tablespoon ghee.

Spread half of the rice and cover with the chicken and half of the crisp fried onions. Spread the remaining rice over this and sprinkle saffron milk, lemon juice and the remaining crisp fried onions. Dot with ghee, cover tightly and keep on *dum*

Serve hot, garnished with fried cashewnuts and kishmish.

Chicken Biryani–II

Ingredients

1 medium chicken, cut into 8 pieces
500 gms Basmati rice, washed and drained
1 cup beaten curd
2½ tsp adrak-lasan paste
3 big onions, sliced fine
6 green chillies
2 tsp garam masala
2 pinches saffron, dissolved in ½ cup water
3 tbsp ghee or refined oil
Juice of 1 lemon
Salt to taste

Method

Apply adrak-lasan paste to the chicken pieces along with salt and lemon juice.

Heat 2 tablespoons ghee and add the sliced onions. Fry till they are crisp, then remove half.

To the remaining half, add the chicken pieces and fry till nicely browned.

Add the beaten curd, saffron water, garam masala and green chillies before setting aside. Heat water and as soon as it boils, add the drained rice and salt to taste. Cook till ¾ done, then drain.

To Assemble : Take a heavy bottomed dekchi and put in the chicken-curd mixture and

2 tablespoons ghee.

Cover it with rice and dot with the remaining ghee and remaining crisp fried onions. Then cover tightly and cook over a slow fire till done.

Serve with raita.

Chicken Biryani–III

Ingredients

1 medium chicken, cut into big pieces
500 gms Basmati rice, washed and drained
1 cup beaten curd
3 onions, sliced fine
12 flakes lasan
1½" piece adrak
1 tsp chilli powder
6 lavang, 4 elaichi, 2 pieces dalchini, 12 kalamiri
2 tsp khus khus
8 - 10 almonds or cashewnuts
2 pinches saffron, dissolved in ½ cup milk
¼ tsp haldi
4 tbsp ghee
2 boiled eggs
Salt to taste

Method

Grind the following to a fine paste—1 onion, adrak, lasan, chilli powder, haldi, almonds, khus khus, 1 piece dalchini, 2 elaichi and 4 cloves.

To the chicken pieces apply the ground paste along with the curd and salt. Mix thoroughly and set aside.

Heat 2 tablespoons ghee and fry half the sliced onions till crisp. Add the marinated chicken and allow it to cook till chicken is tender and 1 cup gravy remains.

Heat 2 tablespoons ghee and put in the remaining fried onions. Fry till crisp and remove. To the remaining ghee, add the rest of the sabut masala and the drained rice. Fry a little before adding warm water and salt to taste. Cook till done.

Spread on a thali and remove the sabut masala.

To Assemble : Heat one tablespoon ghee in a heavy bottomed dekchi

Spread a layer of rice then a layer of chicken.

End with a rice layer and sprinkle saffron milk. Dot with 1 tablespoon ghee before covering tightly. Keep over *dum*.

Serve garnished with boiled egg cut in half and the remaining crisp fried onion.

Chicken Biryani–IV

Ingredients

1 medium chicken, cut into 8 pieces
500 gms Basmati rice, washed, soaked for 20 minutes and drained
1 cup beaten curd
1 onion, chopped
2 onions, sliced fine
12 flakes lasan
1" piece adrak
8 lavang
4 elaichi
2 pieces dalchini
12 kalimiri
2 tsp dhania powder
1 tsp haldi
12 cashewnuts, 12 almonds
2 tsp khus khus
A handful of kishmish
5 green elaichi
4 to 5 tbsp ghee or oil
2 pinches saffron, dissolved in ½ cup milk
Salt to taste

Method

Grind the following to a fine paste—adrak, lasan, khus khus, 1 onion chopped, dhania

powder, peppercorns, 1 piece dalchini, almonds and haldi.

Apply the masala along with the curd to the chicken pieces, adding salt to taste before setting aside for 1 hour.

Heat 2 tablespoons ghee and add the marinated chicken and cook till tender and nearly dry.

Heat 2 tablespoons ghee and fry 2 sliced onions till crisp, then remove.

Fry the kishmish and also remove before adding elaichi, dalchini and the drained rice. Fry this a little and then add warm water to 1½" above the rice along with salt to taste. Cook till rice is done. Spread on a thali and remove elaichi, dalchini and green chillies.

To Assemble : Take a heavy bottomed dekchi and line it with ghee. Spread half of the rice over this, then cover with chicken pieces and then spread the remaining rice. Sprinkle saffron milk, crisp fried onions and the fried cashewnuts and kishmish before covering tightly. Place on a slow fire for *dum*.

Serve hot.

Yakni Pullao

Ingredients

750 gms mutton, cut into pieces
500 gms Basmati rice, washed and drained
1 cup beaten curd
2 pinches saffron, dissolved in ½ cup warm water
A handful of kishmish
A handful of cashewnuts (fry and set aside)
2 tsp garam masala
6 green chillies
3 to 4 tbsp ghee or refined oil
10 flakes lasan, chopped
1" adrak, cut fine
1 onion, sliced
3 onions, sliced fine and fried till crisp
2 elaichi
2 tsp saunf
2 tsp dhania
2 pieces dalchini
Salt to taste

Method

Place the mutton in a pressure cooker and add 1½ glasses water, the chopped adrak lasan, green chillies, salt to taste and the masala (tied in a piece of muslin cloth). Pressure cook till done. Remove the mutton and strain the

stock through a cloth and set aside [Shorva].

Take a heavy bottomed dekchi add half the ghee. Fry the mutton till it is pink then remove.

To the remaining ghee in the dekchi, add the rice and some more ghee, then fry till pink.

Add the strained Shorva, warm water and salt to taste. Cook the rice till done. Sprinkle saffron water. Cover the rice with the fried onion, garam masala, fried mutton and the fried nuts, cover tightly. Allow to *dum* for 20 to 25 minutes.

Mix and serve hot.

TAHARI

Ingredients

500 gms fatless kheema
500 gms Basmati rice washed & soaked for 15 mins
2 tsp garam masala
1 cup beaten curd
A handful of chopped kothmir
A handful of chopped pudina
4 onions, sliced fine
½ tsp haldi
1 tbsp adrak lasan paste
6 green chillies
4 tbsp ghee or refined oil
2 egg, boiled
Salt to taste

Method

To the washed kheema, add a little of the sliced onion, and squeeze the kheema so that each grain of kheema separates. Heat the ghee and add the sliced onions, then fry till crisp. Add the adrak-lasan paste and haldi, then fry till the raw smell disappears. Now add the curd and kheema along with salt to taste. Cook till nearly dry and add green chillies. Fry a little. Add the drained rice and fry adding warm water—1½ inches above the rice level.

Add in the garam masala and allow to cook till the Tahari is tender and moist.

Serve hot, garnished with 2 boiled eggs cut in half, chopped pudina and kothmir.

KOFTA PULLAO

Ingredients

For the Koftas:

500 gms kheema
2 tsp adrak-lasan paste
2 tbsp curd
1½ tsp chilli powder
8 almonds or cashewnuts
1 egg, beaten
Breadcrumbs (enough to roll the Koftas)
Salt to taste

Method for the Koftas : Mix the kheema, adrak lasan paste, curd, garam masala, chilli powder and salt to taste. Cook the kheema till dry. Then grind the kheema to a paste along with the cashewnuts and form into a dough.

Divide this dough into marble-sized balls.

Dip the koftas in beaten egg and roll in the breadcrumbs. Then fry till pink and set aside.

Ingredients

For the Pullao:

350 gms Basmati rice, washed and drained
2 pieces dalchini
2 lavang
2 elaichi
2 tej patta
2 onions, sliced fine
10 cashewnuts, halved and fried
2 tbsp ghee or refined oil
Salt to taste

Method

Heat ghee and add in the sabut masala. Allow it to splutter before adding the sliced onions. Then fry till onions are crisp.

Add the drained rice and fry a little before adding warm water 1½" above the rice. Add salt to taste and cook till rice is done.

Place the koftas over the pullao and garnish with cashewnuts. Mix and serve hot.

Chicken Dishes

Poultry, especially chicken, is extremely versatile and lends itself equally to being a starter, a side dish or the main course. The tenderness of the white meat poses a challenge to chefs and the key to cooking it well, lies in the subtlety with which it is flavoured.

Murg Mussalam–I

Ingredients

1 medium whole chicken, washed and dried
1 cup kheema (recipe below)
2 eggs, boiled and sliced
A handful of kishmish, fried
12 cashewnuts, chopped and fried
2 onions, sliced fine (fried and crushed)
2 tsp adrak and lasan paste
1 pinch saffron, crushed
Juice of one lemon
Salt to taste

Method

Prick the chicken with a fork. Apply the lemon juice, adrak and lasan paste and salt to taste before rubbing well and setting aside.

To the kheema add the fried crushed onion, sliced eggs and fried nuts and mix properly.

Stuff the chicken with the kheema mixture and sew it. Heat 2 tablespoons ghee and brown the chicken gently.

Add 1½ cups warm water, saffron water and cover tightly before cooking on low heat till tender and dry.

Serve garnished with chopped kothmir.

Ingredients for the Kheema:

1½ cups kheema
½ tsp chilli powder
1 onion, minced
½ tsp garam masala
½ tsp adrak and lasan paste
½ cup kothmir and pudina, chopped
1 tbsp ghee or oil
Salt to taste

Method

Heat the ghee and fry the minced onion, adrak and lasan paste and chilli powder till the ghee separates.

Add the kheema, garam masala and salt to taste. Cook the kheema till tender and dry, then add the finely chopped pudina and kothmir.

Murg Mussalam–II

Ingredients

1 medium chicken whole
2 onions, sliced fine and ground to a paste
1 onion, sliced fine
3 tbsp thick beaten curd
1 tbsp adrak-lasan paste
Juice of 2 lemons
2 potatoes, peeled cubed and fried
2 boiled eggs, cubed
2 tbsp kishmish
2 tbsp crushed almonds
½ tsp kalimiri powder
3 tbsp ghee or oil
Salt to taste

Method

Mix the onion paste, adrak lasan paste, kalimiri and salt to taste. Smear this on the chicken along with the curd and set aside for 3 hours. Heat 1 tablespoon ghee and fry the sliced onion till crisp, then remove and fry the raisins and almonds. To the fried potato cubes add the boiled egg cubes, crushed crisp fried onion, raisins and almonds. Sprinkle lemon juice and add salt to taste. Set aside.

Stuff the chicken with the boiled egg/potato mixture and sew it. Heat 2 tablespoons ghee and put in the chicken. Add 1½ cups warm water, then cover tightly and allow it to cook till the chicken pieces are tender and dry.

Serve hot.

Hare Masale ki Murgi

Ingredients

1 medium chicken, cut into 8 pieces
½ cup beaten curd
3 onions, sliced fine and fried crisp
1 tbsp adrak-lasan paste
A handful of cashewnuts
2 pieces dalchini
8 kalimiri
4 elaichi
1 tsp jeera
2 tsp dhania
4 to 10 green chillies
1 small bunch kothmir
1 small bunch pudina
2 tbsp cream
¼ tsp haldi
3 tbsp ghee or oil
Salt to taste

Method

Powder the following: dalchini, lavang, elaichi, kalimiri, jeera and dhania. Grind the following to a fine paste separately: green chillies, pudina kothmir, cashewnuts and fried onions.

To the chicken pieces apply the adrak-lasan paste and the green masala paste, along with the curd and set aside.

Heat the ghee and add the chicken. Fry till the ghee separates, then add salt to taste and haldi. Fry a little more before adding 1½ cups warm water.

Allow to cook till nearly done then add powdered masala, cashewnut paste and cream and simmer till done. The gravy should be rich and thick.

Hyderabadi Korma

Ingredients

1 medium chicken, cut into 8 pieces
3 onions, sliced and fried till crisp
12 flakes lasan
1" piece adrak
6 red chillies
2 tomatoes, blanched and chopped
8 almonds
6 cashewnuts
1 tbsp khus khus
4 lavang
2 pieces dalchini
3 elaichi
2 tbsp mava, crumbled
2 pinches saffron, dissolved in ½ cup water
3 tbsp ghee or oil
Salt to taste

Method

Grind the following to a fine paste:
almonds, khus khus, adrak, lasan, elaichi, dalchini and red chillies.

Heat the ghee and add the masala, then fry till ghee separates. Add tomatoes and fry a

little before adding the chicken pieces, crushed fried onion and salt to taste.

Fry till ghee separates, then add 1½ cups warm water. When nearly done, add saffron and the mava. Simmer gently till chicken is nice and tender.

Serve hot.

Shahi Korma

Ingredients

1 medium chicken, cut into pieces
15 flakes lasan
2 tsp chilli powder
2 onions, sliced fine, fried crisp and crushed
2 onions, cut fine
1 tsp garam masala
¾ cup beaten curd
2 pinches saffron, dissolved in ½ cup milk
2 tbsp beaten malai or cream
A handful of chopped coriander
3 tbsp ghee or oil
Salt to taste

Grind the following to a fine paste, separately: *2 onions cut fine, lasan, chilli powder, chopped coriander and cashewnuts.*

Method

To the beaten curd add the onion garlic paste. Marinate the chicken pieces in this and set aside for ½ hour.

Heat the ghee and add the chilli powder, marinated chicken and salt to taste. Fry till ghee separates. Add 1½ cups warm water and cook till nearly done. Mix cream, saffron milk, and garam masala and cashewnut paste. Pour the mixture over the chicken and simmer till chicken is tender.

Serve hot.

Murg Nawabi

Ingredients

1 medium chicken, cut into big pieces
2 tsp adrak-lasan paste
3 tbsp beaten curd
1½ tsp garam masala
8 red chillies
2 tsp saunf
3 eggs, boiled and fried whole
A handful of kishmish, fried
3 tbsp ghee
2 pinches saffron, dissolved in ½ cup water
Salt to taste

Method

Grind the following to a fine paste:
red chillies, onion and saunf.

To the chicken apply the adrak-lasan paste along with the curd and set aside. Heat the ghee and fry the onion-red chilli paste till the ghee separates. Add the marinated chicken and salt to taste, and fry till the ghee separates.

Add 1½ cups warm water and cook till nearly done. Add saffron water, boiled fried eggs, sprinkle cashewnuts and kishmish then simmer till done. Serve hot.

Murg Masala

Ingredients

1 medium chicken, cut into big pieces
¾ cup beaten curd
3 onions, sliced fine, fried crisp and crushed
1 tsp garam masala
8 red chillies
2 tsp jeera
4 tsp dhania
2 tsp adrak-lasan paste
1 onion, chopped
3 tbsp ghee
½ tsp haldi
Salt to taste

Method

Grind the following to a fine paste: red chillies, dhania, jeera, 1 chopped onion and haldi.

To the beaten curd add the adrak-lasan paste, crushed onion and salt to taste. Set aside.

Heat the ghee, then add the masala paste and fry till the ghee separates.

Add the chicken and cook till dry. Add garam masala and 1½ cups warm water, then cook till chicken is tender. Serve hot.

Murg Badami

Ingredients

1 medium chicken, cut into 8-10 pieces
2 onions, sliced fine
A handful of almonds, blanched and sliced
2 tsp khus khus
1 tbsp adrak-lasan paste
2 pieces dalchini
8 kalimiri
4 lavang
4 elaichi
2 tej patta
¼ cup beaten curd
2 tbsp malai beaten
2 tsp chilli powder
½ tsp haldi
3 tbsp ghee
Salt to taste

Method

Grind the following to a fine paste: cashewnuts and khus khus.

Powder the following: dalchini, peppercorn, lavang, elaichi and tej patta.

Apply adrak-lasan paste along with the chilli powder and haldi to the chicken pieces. Then set this aside.

Heat the ghee and add the sliced onion. Fry till crisp before adding the chicken pieces, salt to taste and garam masala powder. Keep frying till ghee separates. Add ½ cup beaten curd and keep frying till the raw-curd smell evaporates.

Add 2 cups water and cook till the chicken is nearly done. Add cashewnut paste and beaten malai then simmer till the chicken is tender. Add sliced almonds.

Serve hot.

KABABS

Originally an import from Turkey and Central Asia, the now familiar kabab evolved into the food of true connoisseurs, in the kitchens of Avadh. Made with mince meat, in mouth-watering variety, kababs can be bite-sided or large, flat or round and can be roasted, grilled, fried or skewered.

Shami Kabab

Ingredients

500 gms kheema without fat
2 tbsp chana ki dal, washed and soaked in water for ½ hour
10 flakes garlic
1" piece ginger
1 tsp garam masala
2 elaichi
2 pieces dalchini
3 lavang
1 tsp dhania jeera powder
1 egg
Pepper
Chilli powder
A handful of kothmir and pudina, chopped
The juice of ½ a lemon
Ghee or refined oil for shallow frying
1 onion minced
Salt to taste

Method

To the washed and drained kheema, add the chana dal, sabut masala, 1 cup warm water, salt to taste and then cook till dry. Remove from heat and add ginger, garlic, pepper, chilli powder, dhania and jeera powder. Grind to a fine paste and then form into a dough.

To the minced onion, add the finely chopped pudina, kothmir, lime juice and salt to taste.

Beat the egg lightly. Divide the dough into lemon-sized balls. Flatten each ball in the palm of your hand and stuff with a little of the onion mixture. Shape into a kabab and dip in the beaten egg. Shallow fry till it turns pink.

Serve hot.

Shikampuri Kabab

Ingredients

500 gms fatless kheema
3 tbsp chana ki dal, soaked for ½ hour
8 cashewnuts
1 tsp chilli powder
2 tsp garam masala
½ tsp haldi
10 flakes lasan
1" piece adrak
1 tbsp pudina and kothmir, chopped
1 egg white
2 boiled eggs sliced
Ghee or refined oil, for frying
Salt to taste

Method

Grind the following to a paste: ginger, garlic, cashewnuts, pudina, kothmir.

To the drained kheema, add the chana dal and 1 cup of water. Also add chilli powder and salt and allow it to cook till dry, then remove. Grind the kheema to a paste.

To the kheema paste add the cashewnut paste, garam masala, and egg white. Mix well and form into a dough. Divide the dough into equal sized balls.

Flatten the balls and insert an egg slice before forming into a kabab. Shallow or deep fry till it turns pink. Serve hot with onion rings and lemon wedges.

Boti Kabab

Ingredients

500 gms boneless mutton, cut into 1½" cubes
3 tbsp beaten curd
2 tsp adrak-lasan paste
2 tsp khus khus
2 tsp chironji
2 tsp dhania
1 tsp jeera
8 kalimiri
4 lavang
1 onion, sliced and made into paste
Salt to taste

Method

To the mutton cubes apply the adrak lasan paste, beaten curd and onion paste. Lightly roast and powder the khus khus, chironji, dhania, jeera, kalimiri and lavang.

Sprinkle the powder over the mutton, mix well and add salt to taste. Allow the mutton to marinate for 6 to 8 hours. Thread the mutton cubes on skewers, baste with oil and roast over charcoal.

Serve hot with onion rings.

SHEEKH KABAB

Ingredients

250 gms boneless mutton, cut into small cubes
2 tsp adrak-lasan paste
1 small piece of raw papaya
Juice of 1 lemon
1 onion, chopped
2 tsp dhania powder
Salt to taste

Method

Pass all the mixture through a meat grinder till sticky. Set aside for half an hour. Take a handful of this mixture and press it round a skewer (raw egg may be used for binding). Roast over charcoal, basting with oil.

Serve hot with pudina chutney.

Mutton Chops

Ingredients

8 mutton chops, well beaten
3 tbsp beaten curd
1½ tsp adrak-lasan paste
2 tsp dhania powder
2 tsp khus khus, powdered
1 tsp chilli powder
1 tsp garam masala
2 tbsp oil or ghee
Salt to taste

Method

To the beaten chops add the adrak-lasan paste, beaten curd, salt to taste, powdered khus khus, chilly powder, garam masala and dhania powder. Mix well and allow to marinate for 1 hour.

Heat oil and add the marinated chops. Cover and allow to cook till ghee separates and the chops become tender. Serve hot, garnished with chopped kothmir.

Cook the chops in a pan and sprinkle water if required.

Masala Chops

Ingredients

500 gms chops, well beaten
2 tsp adrak-lasan paste
2 tsp chilli powder
½ tsp haldi
2 pinches saffron, dissolved in ½ cup warm water
½ cup beaten curd
1 tsp garam masala
2 tej patta
4 cloves
3 elaichi
2 pieces dalchini
½ tsp shahijeera
3 tbsp ghee or oil
Salt to taste

Method

To the beaten chops add the adrak-lasan paste and beaten curd, then set aside.

Heat ghee and add tej patta, cloves, elaichi and dalchini. Allow to splutter.

Add the chops along with the curd and fry till oil separates, adding chilli powder, haldi, salt to taste and 1 cup warm water.

Allow to cook and when nearly done, sprinkle garam masala, shahijeera and saffron water. Garnish with chopped kothmir. Serve hot.

Shahi Raan

Ingredients

1 kg leg of mutton, washed and dried
3 onions, sliced fine and fried crisp
2 onions, sliced fine
12 flakes of lasan made into a fine paste and dissolved in 1 cup of water, then strained
4 red chillies
8 almonds
2 tsp garam masala
2" piece raw papaya, made into a fine paste
2" piece ginger, grated
2 tej patta
¾ cup beaten curd
2 pinches of saffron, dissolved in ½ cup milk
A few drops kewra essence
Wark
2 tbsp ghee
Salt to taste

Method

Grind the following to a fine paste: red chillies, almonds, crisp fried onions.

Make gashes with a knife on the mutton leg. To the beaten curd add the papaya paste, grated ginger, garam masala and salt to taste. Pour this over the mutton leg and allow it to marinate for 6 to 8 hours. Heat ghee and fry the

sliced onion till crisp, then remove.

Add tej patta and the red chilli paste and fry till the ghee separates. Add the marinated mutton leg and keep turning till brown.

Add garlic water and cook till tender.

Add a few drops kewra essence to the saffron milk and pour this over the Raan, then allow to cook till tender.

Remove the Raan onto a plate, cover with wark and crisp fried onion.

Reshmi Kheema

Ingredients

500 gms boneless mutton, cut into pieces
2½ tsp adrak-lasan paste
2 tsp dhania powder
Ghee to fry the mutton
Salt and chilli powder to taste

Method

Apply adrak-lasan paste to the mutton and 1 cup warm water. Then pressure cook till the mutton becomes tender and dry.

Place the mutton pieces on the chopping board and pound to make shreds. Fry the shreds in ghee, sprinkling salt, chilli powder and dhania powder.

Serve with dal and rice.

Ande Kheeme ke Kakab

Ingredients

400 gms kheema, washed and drained
2 tsp adrak-lasan paste
4 green chillies, chopped fine
3 onions, chopped
2 pieces dalchini
2 tsp dhania
8 kalimiri
½ tsp shahijeera, powdered
4 eggs, beaten
2 tbsp haldi
2 tbsp ghee or refined oil
Salt to taste

Method

Heat ghee and add the chopped onion and fry till soft. Add the adrak-lasan paste and haldi and fry till ghee separates.

Add drained kheema, chopped chillies and salt to taste. Cook till tender and dry, then allow to cool. Sprinkle masala powder and mix well. Line a wide-mouthed (langdi) vessel with ghee and pour evenly ½ of the beaten egg mixture. Cover with kheema and then cover with the remaining egg mixture.

Cover tightly and bake in a moderate oven till eggs are nicely browned (20 to 25 mins).

Cut the kababs into squares, sprinkle chopped kothmir and serve.

PASINDE

Ingredients

500 gms boneless mutton, cut into pieces and flattened
¾ cup beaten curd
2 tsp chilli powder
¼ tsp haldi
2 tsp chironji
2 tsp khus khus
2 tsp garam masala
2 tsp adrak-lasan paste
3 onions, sliced fine
A handful of kothmir, chopped
2 tsp dhania
3 tbsp ghee or refined oil
Salt to taste

Method : To the pasinde apply the adrak-lasan paste and set aside.

Lightly roast and powder the following: khus khus, chironji and dhania. Heat ghee, add the sliced onion and fry till crisp, then remove half. To the remaining half, add the pasinde and beaten curd, salt, chilli powder and haldi. Fry till dry. Add the powdered masala and garam masala and fry a little.

Add 1 cup warm water and cook till tender. Finally sprinkle remaining crisp fried onion and chopped kothmir.

Malai Kabab

Ingredients

500 gms breast of the chicken, cut into 1½" cubes
6 - 8 green chillies
A handful of kothmir and pudina, chopped
12 flakes lasan
8 - 10 almonds or cashewnuts
¾ cup beaten cream
1" piece ginger
Juice of 1 lemon
Oil for basting
Salt to taste

Method

To the washed and dried chicken cubes, apply the lemon juice. Grind the following to a fine

paste: green chillies, almonds, adrak-lasan, pudina and kothmir.

Apply this paste to the chicken. Next add the cream and mix well before adding salt to taste. Allow the mixture to then marinate well for 6 hours.

Thread on skewers and grill over charcoal, basting with oil or ghee.

Serve hot with dahi chutney.

KACCHE KABAB–I

Ingredients

250 gms fatless kheema, minced fine
1 onion chopped
1 tsp adrak-lasan paste
1 tsp garam masala
1 tsp chilli powder
1 tsp dhania powder
1 tsp jeera powder
A handful of pudina leaves
4 green chillies
Ghee or oil for frying
1 egg
Salt to taste

Method .

Grind the following to a fine paste: onion, adrak-lasan and green chillies.

Add the pudina to the kheema along with the garam masala, chilli powder, dhania powder, masala paste and salt to taste.

Then add the egg, little by little, to form a dough. Mix thoroughly, then divide into equal sized balls before flattening them a little. Heat ghee or oil in a pan and fry the kababs till nice and brown.

Serve hot.

KACCHE KABAB–II

Ingredients

500 gms fatless kheema, washed and drained
2 pieces dalchini
4 lavang
10 kalimiri
½ tsp shahijeera
1 tsp dhania
3 elaichi
2" piece of raw papaya, ground to paste
2 tsp adrak-lasan paste
Besan, enough to mix
2 tbsp khus khus
2 tsp chilli powder
Ghee or oil for frying
Salt to taste

Method

Powder the following: dalchini, lavang, kalimiri, shahijeera, dhania and elaichi.

To the kheema add the adrak-lasan paste, papaya paste, chilli powder, masala powder and salt to taste. Set aside for 2 hours. To the marinated kheema, add a little besan, and form a dough, then divide into equal sized balls. Roll the balls in khus khus.

Heat oil or ghee in a frying pan and add the kheema balls. Roll the kababs holding the frying pan handle. Fry over moderate heat till kababs turn brown.

Serve hot with pudina chutney.

Husseini Kabab

Ingredients

750 gms boneless mutton, cut into cubes
1 tbsp adrak-lasan paste
10 almonds or cashewnuts
2 tsp garam masala
1 cup beaten cream
350 ml milk
6 red chillies
6" bamboo sticks to thread the kababs
½ tsp powdered elaichi
1 tbsp oil or ghee
Salt to taste

Method

Grind to a fine paste, the red chillies and almonds. Apply the adrak-lasan paste, red chilli paste and salt to the mutton cubes before setting aside for 2 to 3 hours.

Thread the mutton cubes on the sticks. Place a pan over heat and add the oil or ghee. Pour in the milk and allow it to boil, then add the threaded kababs. Cook over a moderate heat till milk thickens. Add the cream and simmer till kababs are tender and oil separates. Then sprinkle elaichi powder.

Serve hot with lemon wedges.

Dum ke Kabab

Ingredients

1 kg kheema
250 gms onions, sliced fine and fried crisp
1 tsp papaya paste
1 tsp kabab chini
1½ tsp garam masala
2 tsp adrak-lasan paste
2 tsp khus khus (powdered)
A handful of pudina and kothmir, chopped
Salt to taste

Method

Wash and drain the kheema, then grind it on a sill-putta or pass through a grinder. Add all the ingredients and mix properly before setting aside, to marinate for 2 hours. Divide the mixture into equal sized small balls and grill over charcoal, dotting with ghee or oil.

Tathi Kabab

Ingredients

1 kg leg of mutton, cut into ½" thick & 4½" strips
1 tsp papaya paste
1½ tsp garam masala
1½ tsp adrak-lasan paste
1½ chilli powder
1 big onion (grind to a paste)
Salt to taste

Method

Mix all the ingredients and add to the mutton strips. Allow it to marinate for 5 hours. Place over the tathi (wire mesh) and roast over charcoal.

Mutton Dishes

The essence of a well-cooked dish is that the end result is greater than the sum of all the ingredients that went into it. The separate elements of a recipe should ideally combine so as to make the dish distinctive, yet retain a touch of mystery. The diverse mutton dishes presented in this section will introduce you to a variety of tastes and flavours.

Ambada Gosht

Ingredients

500 gms mutton chops
2 tsp adrak-lasan paste
6 green chillies, chopped fine
2 onions, sliced fine
½ tsp haldi powder
3 tbsp refined oil
1 bunch ambada leaves, chopped
¾ cup chana dal
Salt to taste

Method

Soak the dal for half an hour. Boil and drain out the water from the ambada leaves.

Heat the oil and add the chopped green chillies, ambada leaves, chana dal and warm water. Cook till dal is tender, then mash well before removing from heat.

Heat 3 tablespoons oil and fry the sliced onion till crisp. Add the adrak-lasan paste and mutton and fry till oil separates. Add salt to taste along with 1½ cups of water and pressure cook till tender.

Remove from pressure and add the cooked ambada. Stir thoroughly and simmer till blended. Serve with roti.

Badami Gosht

Ingredients

½ kg mutton, washed and dried
30 gms almonds, soaked in water and ground to a fine paste
12 flakes lasan
1" adrak
8 peppercorns
1 big onion, sliced fine
4 lavang
4 elaichi
1-2 pinches kesar, dissolved in ½ cup warm water
2 tsp dhania
1 tsp jeera
¾ cup beaten curd
Juice of 1 lemon
½ tsp haldi
2 tbsp ghee
Salt and chilli powder to taste

Masala : *Grind the following to a fine paste: dhania, jeera, adrak, lasan, kalimiri and red chilli powder (to taste).*

Method

Heat the ghee and add a baghra of lavang, elaichi, adrak and lasan masala. Fry till the ghee separates and then add beaten curd,

along with the mutton. Put in salt to taste and fry till the ghee separates. Dissolve the almond paste in 2 cups of water and add to the mutton along with kesar water. Cook till mutton is tender or pressure cook till done. Before serving sprinkle lemon juice to taste. Serve hot.

Sukka Mutton

Ingredients

½ kg mutton
4 tbsp desiccated khopra
1 tsp khus khus
2 tsp dhania
1 tsp jeera
2 tsp red chilli powder
2 pieces dalchini
4 lavang
2 elaichi
3 onions, fried till crisp
2 tbsp ghee or oil
2 tsp adrak-lasan paste

Method

To the mutton apply the adrak-lasan paste. Add haldi, 1½ cups water, and salt to taste. Cook till tender (pressure cook). Lightly roast desiccated khopra, khus khus, dhania, jeera, dalchini,

lavang, elaichi and powder it. Heat ghee and fry the mutton till nearly dry. Sprinkle the powdered masala chilli powder and crushed fried onion. Fry till dry. Serve hot sprinkled with chopped kothmir and decorated with lemon wedges.

Mutton Shorva

Ingredients

¾ kg mutton
5 onions, chopped
2" piece of adrak, grind to a paste
15 flakes lasan
10 green chillies
5 elaichi
5 lavang
2 tej patta
2 pieces dalchini
3 tomatoes, blanched
1 tbsp dhania powder
1 tsp garam masala
2 boiled eggs
3 tbsp oil or ghee

Method

Heat ghee, add the sabut masala, chopped onion, washed mutton and salt to taste. Keep

frying till brown, then add adrak and lasan paste, dhania powder and green chillies. Keep frying for a while. Add the chopped tomatoes and fry till the tomatoes form a thick gravy and oil starts separating.

Add 2 cups warm water and cook till tender. Add boiled eggs and simmer till oil floats on top.

Serve hot with chopped kothmir added.

HALEEM

Ingredients

250 gms mutton
1 cup wheat, soaked overnight, drained, pounded and dehusked
A handful of channa dal, soaked for ½ hour
A handful moong dal, soaked for ½ hour
A handful of masoor dal, soaked for ½ hour
1 tsp chilli powder
½ tsp haldi
2 onions, sliced fine and fried crisp
1 tsp dhania powder
2 tsp adrak-lasan paste
4 tbsp ghee
Salt to taste

Method

Heat 6-8 cups water in a heavy bottomed dekchi. Allow water to boil. Add drained dal, the wheat

and mutton along with the adrak-lasan paste, haldi, chilli powder, dhania powder and salt to taste. Cook over low heat till mutton is tender. Stir and mash well. Add the crushed fried onion. Heat ghee and pour it hot over the Haleem. Sprinkle lemon juice.

Serve hot.

KHICHDA

Ingredients

750 gms mutton, cut into small pieces
1 tbsp adrak-lasan paste
2 cups wheat, soaked overnight, drained, pounded and dehusked
2 tbsp rice
2 tbsp chana dal
2 tbsp masoor dal
2 tbsp tuvar dal
2 tbsp moong dal
2 tsp garam masala
2 tsp chilli powder
A handful of kothmir, chopped
A handful of pudina, chopped
5 tbsp ghee
2 onions, sliced fine and fried crisp
Salt to taste

Method

Wash dal and rice and soak before draining. Then pressure cook till tender. Set aside. Apply the adrak-lasan paste to the mutton, add 1½ cups water and pressure cook till tender and remove.

Add 2 teaspoons oil to the wheat along with 2 cups water. Pressure cook till tender.

Mix mutton, wheat and dal and blend well, adding salt to taste, chilli powder, garam masala, fried onion, chopped pudina and kothmir. Simmer, then pour hot ghee. Serve with lemon slices.

DALCHA

Ingredients

250 gms mutton, cut into pieces
¾ cup chana dal soaked for ½ hour
2 tsp adrak-lasan paste
1½ tsp dhania powder
½ tsp haldi
1 tsp chilli powder
2 green chillies (slit)
2 onions, sliced fine and fried crisp
1 onion, sliced fine
2 tbsp oil

Method

To the chana dal add ¼ teaspoon haldi and enough water to cook till tender. Then

mash well and set aside Heat oil, add the sliced onion and fry till brown. Add the adrak-lasan paste and haldi and fry till pink, then add the mutton and fry till oil separates. Put in the chilli powder, dhania powder and 2 cups water and cook till the mutton is tender.

To the mutton add the mashed dal, crushed fried onion, warm water and salt to taste. Simmer gently. Serve hot.

Shahi Korma

Ingredients

750 gms mutton, cut into pieces
8 red chillies
2 tsp dhania powder
12 flakes lasan
1" piece adrak
3 onions, sliced fine and fried crisp
2 tbsp dry grated coconut
2 elaichi
8 almonds blanched and chopped
½ tsp shahijeera
A handful of kishmish
3 tbsp ghee
1 cup beaten curd
1 tsp dalchini
1 tsp kalimiri
2 tsp khus khus

Method

Roast lightly and powder dalchini, lavang, kalimiri, khus khus and dry coconut. Grind the following to a fine paste: red chillies, fried onion and dhania powder. To the mutton apply the adrak-lasan paste, beaten curd and set aside. Heat ghee, add 2 elaichi, shahijeera and the marinated mutton, then fry till ghee separates. Add the red chilli paste, powdered masala and salt to taste then fry till dry. Add 2 cups warm water. Cook till tender, garnish with sliced almonds and fried kishmish. Serve hot.

Dal Gosht

Ingredients

500 gms mutton, cutted into pieces
3 tbsp chana dal soaked for ½ hour
2 tsp adrak-lasan paste
3 tbsp beaten curd
1 tsp dhania powder
1 tsp jeera powder
2 tsp chilli powder
½ tsp haldi
½ tsp garam masala
1 tej patta
1" piece dalchini
2 onions, sliced fine
2 tbsp ghee or oil
A handful of kothmir, chopped
Salt to taste

Method

To the mutton apply the adrak-lasan paste and beaten curd, then set aside. Heat ghee and add the sliced onions and fry till crisp. Add haldi, chilli powder, tej patta, dalchini, mutton and salt to taste. Fry till ghee separates, then add the dal and fry a little. Put in 2 cups warm water and cook till mutton is tender.

Serve hot, garnished with chopped kothmir.

Dum ka Gosht

Ingredients

750 gms mutton, cut into pieces
8 red chillies
3 tsp khus khus, lightly roasted
3 tsp chironji lightly roasted
1" piece adrak
12 flakes lasan
4 onions, sliced fine and fried crisp
4 green elaichi
4 lavang
2 pieces dalchini
A handful of kothmir, chopped
A handful of pudina, chopped
8 -10 almonds, blanched and chopped fine
1 cup beaten curd
6 green chillies, slit
Salt to taste

Method

Grind the following to a fine paste: red chillies, khus khus, adrak and lasan.

To the mutton add the beaten curd, red chilli, masala, chopped kothmir, pudina, crushed fried onion and salt to taste. Heat ghee, add the sabut masala and allow to splutter. Pour this over the mutton, also adding the slit green chillies. Pressure cook or cover tightly and cook till tender. Then sprinkle chopped almonds.

Serve hot.

Tamatar ki Kadi

Ingredients

500 gms mutton, cut into pieces
2 big tomatoes, chopped
25 gms chana dal
2 tsp chilli powder
1 tsp dhania powder
1 tsp garam masala
2 big onions, chopped
1 pinch haldi
1½ tsp adrak-lasan paste
2 tsp rice, soaked
3 tbsp refined oil
A lemon-sized imly, soaked (extract the pulp)

Masala: Grind the following to a very fine paste: slightly roasted 2" khopra, 1 tsp jeera and soaked rice.

Method

To the washed mutton add the adrak-lasan paste, 1 chopped onion, chana dal, chilli powder, dhania powder and salt to taste. Heat oil, add the mutton and cook over a slow fire till the water dries. Add the chopped tomatoes.

Add 1 cup water to the masala paste and strain the masala before adding the strained water to the mutton. Cook till the mutton is tender. Lastly add the imly water and sprinkle garam masala.

Now give baghar. Heat 2 tablespoons oil, and add 2 broken red chillies, and ½ teaspoon jeera. As soon as it sputters, add the kadhi patta. Pour over the khatti kadi. Consistency can vary according to taste.

Serve hot with rice.

Paya Nahari

Ingredients

8 payas, cleaned and cut into 3 pieces each
2 onions, chopped
1 tbsp sabut dhania
1 tsp jeera
4 tej patta
4 pathar ka phool
2 pieces dalchini
6 cloves
6 kalimiri
4 badi elaichi
Salt to taste

Method

Tie the following in a muslin cloth: dhania, jeera, tej patta, pathar ka phool, dalchini, cloves, kalimiri and elaichi.

Add water to the paya and place over heat. Add in the chopped onion and also the spices tied in muslin along with salt to taste.

Cook the Nahari on slow fire, preferably over charcoal for 4 to 5 hours. Remove the spice cloth and serve. Nahari is served in the morning.

Narhari cooked overnight on a slow fire and served for breakfast is delicious.

Bade Mirch ka Salan

Ingredients

500 gms mutton, cut into pieces
150 gms large green chillies
2" piece of sukka khopra
1 tsp khus khus
1 tsp til
2 onions
1½ tsp adrak-lasan paste
½ tsp jeera
1 tsp dhania powder
½ tsp garam masala
¾ cup beaten curd
2 pinches haldi
Juice of 1 lemon
4 tbsp refined oil
1 small bunch kothmir, chopped
Salt to taste

Method

Grind the following to a fine paste: 1 onion, khopra, khus khus, til and ½ teaspoon jeera.

Boil the mutton with haldi, 1 cut onion and salt, till tender. Slit the chillies and remove the stalk. Heat oil, fry the chillies till the colour changes, remove and set aside. To the remaining oil add the masala paste and fry till the oil separates.

Add the mutton, curd, green chillies and salt to taste. Simmer gently, finally adding the juice of one lemon and garam masala.

Serve hot, garnished with chopped kothmir.

Chujor Gosht

Ingredients

500 gms mutton, cut into pieces
500 gms chujor (tender flowers & leaves of imli)
750 gms onion
2 tsp adrak-lasan paste
1½ tsp dhania powder
2 tsp chilli powder
½ tsp haldi
4 tbsp refined oil
Salt to taste

Method

Boil the mutton with 1 chopped onion, a pinch of haldi and salt, till nearly done. Slice fine the remaining onions. Heat the oil and add the sliced onions and cook till soft. Put in the adrak-lasan paste, chilli powder, dhania powder, boiled mutton and fry till oil separates. Now add in the chujor and cook over a slow fire. Keep stirring and add salt to taste. Finally sprinkle 1 teaspoon garam masala.

Serve hot with chaval or roti.

KALIYA ASIF-SA

Ingredients

500 gms mutton, cut into 2" pieces
1½ tsp adrak-lasan paste
2 tbsp thick beaten curd
2 tbsp almonds, blanched and sliced
2 tbsp raisins
4 green chillies
2 pinches of saffron, dissolved in 1 cup milk
2 onions, sliced fine and fried till crisp
2 tbsp ghee or refined oil
Salt, chilli powder and sugar to taste

Method

To the mutton add the adrak-lasan paste, salt, chilli powder, green chillies and beaten curd. Allow the mutton to marinate for 1 hour.

Heat ghee, fry the sliced almonds and raisins, then set aside. In the remaining ghee add the marinated mutton, fry till ghee separates and mutton is browned. Add 1 cup water and saffron milk, fried crushed onion, salt and sugar to taste

Cook till mutton is tender. Sprinkle sliced almonds and raisins. Serve hot.

Bheja

Ingredients

2 sheep brains
3 medium onions, sliced fine
1 tsp adrak-lasan paste
1 tsp shredded adrak
1 tsp chilli powder
2 tbsp oil
Salt to taste

Method

Boil the sheep brains in water till tender. Remove and set aside. Smear the brains with adrak-lasan paste, salt and chilli powder. Heat oil, then add the shredded adrak and sliced onion to this.

Fry the onion till crisp. Add the brains and fry till nicely browned.

SEAFOOD

Hyderabad being an inland area, river fish and prawns are mainly used. There is nothing limiting however, about the array of spices that go into these dishes. The neighbouring states have also influenced these fish preparations. From Andhra comes the addition of coconut; Tamil Nadu contributes tamarind; Maharashtra provides the ubiquitous kadi patta, while khus khus is imported from the Konkan coast.

JINGHE KA KORMA

Ingredients

2 cups shelled prawns
1 cup beaten curd
A handful of cashewnuts
2 tsp til
2 tsp khus khus
6 green chillies, slit lengthwise
1 tsp adrak-lasan paste
1 tsp garam masala
A handful of kothmir, chopped
3 tbsp oil
½ tsp haldi
Salt to taste

Method

Grind the following to a fine paste: cashewnuts, til, khus khus and chopped kothmir. To the shelled prawns add the beaten curd, adrak-lasan paste, haldi and slit green chillies and mix well. Set aside.

Heat oil and fry the cashewnut paste till the oil separates. Add the jinghas along with curd and salt to taste. Cook till rich gravy remains.

Sprinkle with garam masala and serve hot.

Jingha Pullao

Ingredients

450 gms Basmati rice, washed & soaked for ½ hour
250 gms prawns, shelled
4 green chillies
2 tsp khus khus
2 tsp adrak-lasan paste
2 small pieces dalchini
4 lavang
1 tej patta
3 green elaichi
8 kalimiri
1 onion, sliced
A handful of kothmir, chopped
A handful of pudina, chopped
1 tsp garam masala
½ tbsp oil
Salt to taste

Method

Grind the following to a fine paste: onion, pudina, khus khus, green chillies and haldi. Apply the adrak-lasan and masala paste to the jingas and set aside. Heat oil, add the jinghas and fry till the oil separates. Now add the rice and fry a little. Put in warm water, salt and garam masala. Cook till rice is tender and keep over *dum*.

Serve hot, sprinkled with chopped kothmir.

Macchi ka Salan

Ingredients

½ kg fish, cut into slices
1 medium coconut, grated
2 tsp til
2 tsp dhania
1 tsp rai
1 tsp jeera
2 tsp khus khus
½ tsp haldi
2 tsp chilli powder
2 green chillies, slit
A few curry patta leaves
Walnut sized imli
3 to 4 tbsp refined oil
2 onions, sliced fine
Salt to taste

Masala

Grind the following to a fine paste: til, dhania, jeera, mustard, khus khus, 1 table-spoon grated coconut, chilli powder, haldi, garlic and 1 onion.

Extract 2 cups milk from the grated coconut. Extract the pulp from the imli soaked in 1 cup of water.

Method

Heat oil and add the 1 sliced onion and fry till crisp. Put in the masala paste and fry till the

oil separates. Now add the fish pieces and fry a little. Pour in the coconut milk and add salt to taste along with the curry patta. Gently simmer till nearly done. Lastly add the imli water and again simmer a little.

Serve hot, sprinkled with chopped kothmir.

Tali Macchi

Ingredients

500 gms fish, cut into slices
2 tsp dhania powder
2 tsp lasan paste
3 tsp chilli powder
2 onions, sliced fine
4 tbsp refined oil
½ tsp haldi
Salt to taste

Method

To the washed fish slices apply the lasan paste, chilli, haldi, dhania powder and salt. Set aside for half an hour. Heat the oil and fry the onions till crisp, then remove. Arrange the fish pieces in the pan. Fry till crisp and done.

Garnish with crushed onion and a sprinkling of lemon juice.

Jinghe ki Kadi

Ingredients

250 gms prawns (cleaned)
1 small coconut, grated (extract 2 cups milk)
2 tsp dhania powder
8 cashewnuts
2 tsp khus khus
2 tsp adrak-lasan paste
2 tsp chilli powder
½ tsp haldi
1 tsp jeera
1 tsp phule chane ka atta
2 green chillies, slit
Walnut sized imli (extract the pulp)
3 tbsp oil
1 onion, sliced fine
Salt to taste

Method

Grind the following to a fine paste: grated coconut, khus khus, cashewnuts, dhania, jeera, chilli powder and haldi.

To the jingas apply the adrak-lasan and masala pastes. Set aside. Heat oil and fry the sliced onion till crisp. Add the prawns and fry till oil separates. Put in the coconut milk, salt to taste and slit green chillies. Allow to simmer. Lastly add the tamarind water and then sprinkle chopped coriander. Serve hot with rice.

KHATTI MACHALI

Ingredients

500 gms fish, cut into slices
2 tsp adrak-lasan paste
3 tomatoes, blanched and minced
A handful of chopped kothmir
A few curry patta leaves
A lemon-sized imli, soaked (extract thin pulp)
2 tsp chilli powder
½ haldi
3 tbsp refined oil
A few methi seeds
Salt to taste

Method

Apply adrak-lasan paste to the fish pieces along with chilli powder, haldi, salt to taste and set aside.

Heat the oil and add the methi seeds and minced tomatoes. Keep frying till the oil separates. Add the fish pieces and fry for a few minutes, then add the tamarind water, curry patta and salt to taste. Simmer till fish is cooked. Take care the pieces do not break.

Serve hot, garnished with chopped kothmir.

Vegetarian Dishes

The spices that are used in cooking these dishes tend to be dry. Their full-bodied flavour and aroma is brought out by using a method of slow cooking the dishes on *dum* (pressure). Traditionally the vessel used for cooking vegetables is a flat *hundi*, along with a flat spatula. Tamarind flowers and Rosella leaves are among the distinctive yet typical ingredients used in these dishes.

Malai Korma

Ingredients

1½ cups malai beaten
2 onions, chopped
1 tsp adrak-lasan paste
4 green chillies, slit and cut into 2
¼ tsp haldi
A handful of kothmir, chopped
1 tbsp cashewnuts, fried and chopped
2 tsp ghee
Salt to taste

Method

Heat ghee and add the chopped onion, adrak-lasan paste, haldi and green chillies and fry till onion is soft. Put in the tomatoes and fry till the ghee separates. Then add the malai and salt to taste. Simmer gently.

Serve hot sprinkled with chopped kothmir and chopped cashewnuts. Accompany with roti.

Baghare Baigan

Ingredients

500 gms brinjals, small variety, seedless
Walnut sized imli, soaked in 1 cup water (extract pulp)
10 flakes lasan
6 flakes lasan, chopped
1" piece adrak
1 onion, chopped fine
1 tsp jeera
2 tsp dhania
2 tsp til
2 tsp khus khus
12 peanuts
2" dry khopra, desiccated
2 tsp chilli powder
½ tsp haldi
4-5 tbsp oil
A few curry patta
2 broken red chillies
Salt to taste

Method

Roast the following in a few drops of oil and grind to a paste: til, khus khus, peanuts,

desiccated khopra, dhania, jeera and chopped onion. Grind the following: adrak-lasan, chilli powder and haldi. Mix both the pastes and add salt to taste. Set aside.

Slit the brinjals in 4 keeping the stem intact. Stuff the brinjals with the masala paste. Heat oil and add chopped garlic, broken red chillies and curry patta. Fry a little before putting in the stuffed brinjals and imli water. Cook covered, on slow heat, till tender.

Mirchi ka Salan

Ingredients

250 gms chillies, boiled in salted water till colour changes and drained
1 onion, sliced fine
1 tbsp desiccated dry khopra
1 tsp chironji
1½ tsp til
1 tsp dhania powder
1 tsp jeera
2 tsp adrak-lasan paste
½ tsp chilli powder
¼ tsp haldi
A few curry patta
Walnut sized imli, dissolved in 1½ cups water
3 tbsp oil
Salt to taste

Method

Lightly roast and grind the following to a paste: til, chironji and khopra. Add dhania powder, chilli powder and haldi.

Heat oil and add the jeera, allow it to splutter. Then add the masala paste and adrak-lasan paste and fry till oil separates. Add the drained chillies, curry patta, fry a little. Pour in the tamarind water, adding salt to taste. Simmer till the gravy is thick and oil floats to the top.

Serve with Biryani.

Dahi ki Kadi

Ingredients

For the Bhajiyas:

¾ tbsp besan (chane ka atta)
2 green chillies, chopped fine
1 tbsp kothmir, chopped fine
1 pinch soda by carb
2 pinches haldi
Oil enough for frying
Salt to taste

Method

Mix all the ingredients. Add enough water to make a thick batter. Deep fry the bhajiyas in hot oil and set aside.

For the Kadi:
2 cups beaten curd
2 tbsp besan
½ tsp haldi
1 tbsp dry khopra, desiccated, roasted and powdered fine
1½ tsp adrak-lasan paste
Salt to taste

Method
Mix the besan with the beaten curd. Add 2 cups water, adrak-lasan paste and haldi. Blend well and sieve through a muslin cloth. Place the kadi over heat and add the roasted khopra as well as salt to taste. Stir and allow it to simmer.

For the Baghar:
2 tbsp oil
2 broken red chillies
½ tsp jeera
A few curry patta

Method
Heat oil and add jeera, allowing it to splutter. Add the red chillies and curry patta. Pour the baghar over the kadi and then add the bhajiyas. Simmer for two minutes. Serve along with the Khuska (see page 100).

KHATTI DAL

Ingredients

½ cup tuvar dal, boiled and mashed
2 drumsticks, cut into 3 to 4 pieces
Walnut sized imli, soaked in 1 cup water (extract pulp)
1 tsp lasan paste
1 tsp dhania powder
1 tsp jeera powder
1 tsp besan, dissolved in ½ cup water
Chilli powder
A few curry patta
A handful of kothmir, chopped
1½ tbsp oil
1 onion, sliced fine
Salt to taste

Method

Heat oil, add the sliced onions and fry till crisp. Then add garlic paste and fry a little. Add drumsticks, 2 cups water, salt, chilli powder, dhania, jeera powder, tamarind water and curry patta. Cook till drumsticks are tender. Then add the mashed dal and dissolved besan water. Stir and simmer gently.

Garnish with chopped kothmir and serve hot with the Khushka (see page 100).

KABOOLI

Ingredients

250 gms Basmati rice
150 gms fresh tender green gram
2 tsp adrak-lasan paste
½ cup beaten curd
2 small onions, grated
2 pinches shahijeera
4 lavang
2 elaichies
A handful of kothmir and pudina, chopped
3 onions, sliced
1 cup coconut milk
Juice of one lemon
2½ tbsp refined oil
Salt to taste

Method

Boil the green gram with a pinch of salt till tender, then drain. Heat $1\frac{1}{2}$ tablespoons oil, add the grated onion, adrak-lasan paste and fry till the oil separates. Add the beaten curd, green chillies, $\frac{1}{2}$ of the coriander and mint leaves and fry till oil separates. Add the green gram and salt to taste and set aside.

Heat remaining oil, add shahijeera, dalchini, lavang, elaichi and allow to splutter. Add the

rice, fry a little, add warm water coconut, milk, salt to taste and cook till rice is done.

Place the cooked green gram over the rice and sprinkle lemon juice and fried onion. Cover tightly and keep over dum for 10 minutes. Mix and serve hot.

Sabzi Pullao

Ingredients

500 gms rice, boiled with salt to taste (spread over a thali so that each grain separates)
2 cups mixed vegetables, boiled (carrots, french beans, peas and potatoes)
2 onions, sliced fine and fried crisp
1½ tsp adrak-lasan paste
A handful of cashewnuts and raisins, fried
2 pinches saffron, dissolved in ½ cup milk
2 pinches yellow food colouring dissolved in 2 tbsp milk
2 pieces dalchini
4 lavang
2 elaichi
1 tej patta
¾ cup beaten curd
3 tbsp ghee
3 green chillies, slit
Salt to taste

Method

Heat 1½ tablespoons ghee and add the sabut masala, allowing it to splutter. Add the adrak-lasan paste and fry a little. Now add the boiled vegetables and fry further. Put in the beaten curd, 3 slit green chillies, crushed fried onion and salt to taste, then set aside. Line a heavy bottomed dekchi with ghee. Spread ½ of the rice, cover with the vegetable-curd mixture and spread the remaining rice over this.

Sprinkle the saffron milk, yellow coloured milk, fried nuts and dot with remaining ghee before covering tightly. Put over low heat for *dum*.

Mix before serving.

KHUSHKA

Ingredients

500 gms good quality rice
8-10 cups water
Salt to taste

Method

Wash and soak the rice for 15 minutes. Then drain. Heat water and add salt as soon as it boils then add the drained rice. Boil till rice is cooked, drain and cover, keeping the rice over *dum*. Serve hot with Khatti Dal.

Sweets & Desserts

The fine quality of Nawabi desserts can be brought out only by cooking them over a slow fire through the night. The sweets are best served the next day in earthernware vessels. Be they kheers, halwas or mithais, these delicacies to finish your meal, can be as rich or as light as your palate desires.

Shahi Tukre

Ingredients

6 slices of sandwich bread, remove crust and cut into oblong shapes (one slice into two)
2 cups milk
¾ cup cream
100 gms mava, crumbled
4 tbsp sugar or to taste
6 green elaichis
2 pinches saffron, crushed
A handful of chopped cashewnuts
A few drops kewra and rose essence
Ghee for frying
1 tbsp chironji
For Garnishing:
Wark and rose petals

Method

Fry the bread pieces in ghee till golden brown, then arrange on a plate. Heat milk, adding the sugar and saffron and a few drops essence.

Allow the bread to soak up the milk, then arrange the bread pieces on a decorative plate. Heat 2 teaspoons ghee and lightly fry the crumbled mava, elaichi powder and 2 teaspoon sugar. Spread the mava layer over the soaked bread pieces.

To the cream, add essence. Cover the mava with a cream layer and decorate with warkh, nuts and rose petals.

Serve warm or cold.

MALIDA

Ingredients

1 cup fine rava
1 cup wheat flour
1-1½ cups sugar
1½ cups milk
1½ tbsp ghee
Ghee enough to fry
1½ cups mava, lightly roasted
3 eggs, beaten
A handful of chopped nuts, fried
A few drops rose essence
A pinch of salt

Method

To the rava and wheat flour add 1½ tablespoons of melted ghee and a pinch of salt. Make a dough with warm milk and divide the dough into equal sized balls. Roll out like puris, prick them and fry till crisp.

Pound the crisp puris while still warm. Dissolve the sugar in 1 cup of milk. Add the

mava and place over heat. Add the essence and the pounded puris. Remove and allow to cool.

To the milk mixture add the eggs and place over low heat, allowing it to thicken.

Garnish with chopped nuts and small pieces of khadi shakkar.

Moz ka Mitha

Ingredients

12 ripe bananas, mashed
1½ tbsp ghee
1 cup sugar
Water (enough to soak the sugar)
A handful of crushed nuts
1 cup beaten cream

Method

To the sugar add the water. Cook the syrup till it starts browning, then remove. Fry the bananas in 1½ tablespoons ghee. Now add in the sugar syrup and cook till the mixture thickens. Remove and spread on a plate. Cover with cream and nuts.

Sheer Khurma

Ingredients

2 litres milk, boiled and reduced to 1¼ litres
A handful of almonds, crushed
A handful of cashewnuts, crushed
1 tbsp pistas, chopped
8 sukhe khajur (chhuware), deseeded, cut coarsely and soaked in ½ cup milk
1½ cups sugar
A handful of chironji, soaked and skins removed
½ nutmeg, grated
1 tsp elaichi powder
½ cup ghee
1½ cups seviyan

Method

Heat ghee and fry the seviyan till evenly browned, then remove. Fry the nuts except the pistas and sukhe khajur. Heat the milk adding in the sugar. Allow the sugar to dissolve fully before adding the seviyan. Put in the nuts and keep stirring. Now add the elaichi powder and nutmeg. Simmer on very low heat.

Serve warm.

Firni

Ingredients

2 tbsp rice, washed, drained and made into a paste
1 litre milk
½ cup sugar or to taste
½ tsp kewra essence
½ tsp rose essence
1 tbsp chironji
1 tbsp pista, chopped (blanched)
½ tbsp almonds chopped (blanched)
For Decoration: *rose petals and wark*

Method

Dissolve the rice paste in 1 cup milk. Heat the remaining milk and as soon as it boils, add the sugar, allowing it to dissolve completely. As soon as the sugar has dissolved and the milk starts boiling, add the rice paste, stirring all the while, till the milk is nice and creamy, then remove. Add the essence and stir well.

Pour the Firni into an earthen bowl and cover with wark. Sprinkle with nuts and rose petals.

Serve cold.

Gajar Halwa

Ingredients

500 gms grated carrots
1 litre milk
250 gms sugar
1 cup or 125 gms mava
A handful of chopped almonds and cashewnuts
A handful of kishmish
2 tbsp ghee
½ tsp elaichi powder

Method

Heat the milk, add the grated carrots and cook till the carrots are soft and the milk starts thickening.

Now add the sugar and keep stirring. Then put in the crumbled mava, ghee, elaichi powder and nuts. Cook till the ghee starts separating. Remove from the stove and cover the halwa with wark. Serve hot or cold.

Badam ke Paan

Ingredients

1½ cups almonds soaked, skinned and made into a fine paste
¾ cup sugar
1 tsp milk
Water (enough to cover the sugar)
6-7 betel leaves
Green colouring
6-7 lavang
Ghee for greasing the betel leaves

Method

Heat the sugar and water to form a syrup and add 1 teaspoon milk. Remove any scum that forms. Add the badam paste and keep stirring till it starts leaving the sides. Remove from the heat and add green colouring. Mix well and form into a dough while still warm. Now divide the dough into equal sized balls. Lightly grease the reverse of the betel leaf. Roll out the badam ball to cover the leaf. Press and fold, then remove the betel leaf. Press in a clove as you would in a paan. Cover with pieces of wark and arrange on a plate for serving.

Roat

Ingredients

250 gms fine suji
250 gms powdered sugar
250 gms ghee
2 pinches saffron, crushed in 1 tbsp milk
A few drops yellow colouring
A handful of chopped nuts, crushed
4-5 eggs, beaten lightly
½ tsp elaichi powder
½ tsp jaiphal powder
A handful of crushed almonds and khus khus to sprinkle

Method

Cream the ghee and sugar till light. Add the egg mixture along with the suji. Then add saffron, yellow colouring, powdered jaiphal and elaichi. Spread the mixture on a lightly greased baking tray. Sprinkle nuts and khus khus, pressing down a little. Bake in a moderate oven till nicely browned.

ZARDA

Ingredients

250 gms Basmati rice, washed and drained
250 gms sugar
Juice of 1 lemon
5 lavang
1 piece dalchini
5 green elaichi
2 tbsp ghee
A handful of kishmish
A handful of chopped almonds, blanched
8 pistas, blanched and chopped
2 pinches saffron, dissolved in 1 tbsp milk

Method

Heat ghee and then add the elaichi and lavang allowing it to splutter. Add the drained rice with warm water. It should be 1½ inches above the rice. Cover the vessel and cook till nearly done. Now add the sugar and saffron then cover tightly. Allow to cook till done, then stir.

Sprinkle nuts on the top and place over *dum*. Remove the sabut masala before serving warm.

Ande ka Halwa

Ingredients

12 eggs
4 tbsp ghee, melted
Seeds of 6 elaichi
A handful of almonds, sliced and skinned
1 cup sugar
Wark

Method

Separate the egg whites from the yolks and beat them separately. Heat ghee and add the elaichi seeds. Then mix the yolks and egg whites. Add sugar and stir. Continue this adding the ghee. Lower the heat and keep stirring till ghee starts appearing again. Remove from heat and place on a plate.

Sprinkle nuts and cover with wark.

Gul-e-Firdaus

Ingredients

500 gms grated dudhiya (kaddu)
50 gms sabudana, soaked and drained
125 khoya (mava)
150 sugar
1 litre milk
½ tsp elaichi powder
A few drops rose essence
A handful of badams
2 tsp pistas, blanched and sliced fine

Method

Heat ½ litre milk, add the grated dudhiya and cook till tender. Cook sabudana separately in the remaining milk, till it becomes transparent. Then add khoya to the sabudana along with the sugar. Cook till sugar dissolves completely.

Add the grated dudhiya mixture, elaichi powder and essence. Ladle the mixture into clay bowls (sikaris) to serve. This imparts a special flavour to the dish. Serve cold.

Seviyan ka Zarda

Ingredients

400 gms good quality vermicelli
6 tbsp sugar (or to taste)
2 cups water (or a little more)
A few drops rose essence
A handful of badams
1 tsp pista, cut fine
2 tbsp chironji
½ tsp elaichi powder
3 tbsp ghee

Method

Fry the seviyan in ghee till nice and brown, then set aside. Add sugar to the water and heat. Cook to 1 thread consistently before adding essence and elaichi. Pour the sugar syrup over the seviyan and cook till dry and tender (each seviyan should be separate).

Sprinkle nuts and chironji before serving.

Amrit Phal

Ingredients

500 gms sugar
400 gms mava
125 gms fine suji
2 pinches of crushed saffron
8 almonds, blanched and sliced
1 egg white
Ghee for frying
A few drops rose essence or rose water
1 cup water
Wark

Method

Heat 1 cup of water and add the sugar to it. Stir and dissolve the sugar to make a thin syrup, add essence and keep warm.

To the mava add the suji, crushed saffron and mix well. Add egg white, little by little, to form a dough. Shape the dough in a star with a hole in the centre.

Deep fry the Amrit Phal till pink. Immerse them in the sugar syrup. Serve garnished with sliced almonds and wark.

Khubani ka Mitha

Ingredients

1 kg jardaloo (soaked for 2 hours)
250 gms sugar
2 cups thick malai, beaten

Method

Boil the jardaloos in water till soft and remove the seeds. Pass the mixture through a strainer to remove the fibres. To the jardaloo pulp add the sugar and cook till the mixture thickens and becomes bubbly. Pour into individual bowls and top with malai.

Break the seeds and remove the almonds. Crush these and sprinkle on the top of the malai. Serve cold.

GLOSSARY

adrak	—	ginger
ambada	—	Roselle leaves
ande	—	eggs
badam	—	almond
baghar	—	to temper oil with certain condiments
baigan	—	brinjal
besan	—	chane ka atta
birista	—	onion sliced fine and fried crisp
bheja	—	sheep brain
chaval	—	rice
chujor	—	tender leaves and flowers of the tamarind
chironji	—	charoli
dabal roti	—	bread
dhania	—	coriander seeds
dahi	—	curd
dal	—	lentil
dalchini	—	cinnamon
dekchi	—	vessel with wide mouth
dum	—	to steam with air-tight lid on slow fire
elaichi	—	cardamons
ghee	—	clarified butter

goshth	—	mutton
haldi	—	turmeric
imli	—	tamarind
jardaloo	—	apricots
jaiphal	—	nutmeg
jauitri	—	mace
jeera	—	cummin seeds
jhinga	—	prawns
kishmish	—	raisins
kofta	—	meat or veg balls
khus khus	—	poppy seeds
khopra	—	dry coconut
kushka	—	cooked rice
kesar	—	saffron
khatti	—	sour
kheema	—	minced mutton
kothmir	—	fresh coriander
handi	—	flat vessel like a pan
lavang	—	cloves
lasan	—	garlic
macchi	—	fish
malai	—	cream
mava (khoya)	—	dry milk
methi	—	fenugreek
mirchi	—	chilli
mitha	—	sweet
moz	—	banana
murgi	—	chicken

panir	—	cottage cheese
paya	—	trutters
phule chane	—	roasted gram
pudina	—	mint
rai	—	mustard
sabut masala	—	whole condiments
saunf	—	aniseed
seviyan	—	vermicelli
seekh	—	grilled meat or veg
shahi	—	royal
shorva	—	liquid or soup remaining after mutton is cooked
suji	—	semolina
sukha khopra	—	dry coconut
tamatar	—	tomatoes
tej patta	—	Bay leaf
til	—	sesame
wark	—	silver leaf

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recall its rich and incomparable cuisine
its wealth of architecture, its refined
traditions of gracious hospitality and
an exquisitely cultured way of life.

Classic Hyderabadi cuisine,
slightly sour, hot and richly endowed
with nuts and spices – is justly famous
as a gastronomic experience.
The rich and varied flavours of
a Hyderabadi meal are as much the
result of simple aids like slow cooking
as the subtleties and refinements
of ingredients and techniques.

This little volume guides you
through a succession of culinary joys.
Methodically presented, the recipes are
simple to follow and easy to
implement. Here are the authentic
flavours of Hyderabadi food
captured — along with the conveniences
of a modern kitchen.

Enjoy a Dawat!

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